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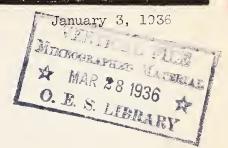
STATE EXTENSION -EDITORS

S.D.A. PRESS SERVICE OFFICE OF INFORMATION, AND EXTENSION SERVICE

No. 3.

J.A.

JAM WHERE THERE
WAS NOT ANY JAM



Necessity, the mother of preserving, probably inspired the first house-wife who experimented with dried fruit preserves. Farm people as a rule have such a stock of jellies, jams, butters, and conserves from their own orchards and berry patches that nothing more is needed. But there are all kinds of households, from those on the farm to those that run along from one lot of six glasses to the next half dozen. In the late winter, however, there is sometimes a period when anyone's supply may have run low; perhaps the mother was ill during the jelly-making season; or the fruit crop was unsatisfactory. Some other sauce is needed.

Several good spreads for bread, and sweet relishes may be made from dried and canned fruits. Apricot and pineapple jam can be cooked in less than half an hour, is extremely good, and has the special virtue of adding to the day's supply of minerals, particularly iron. Other dried fruits, alone or in various combinations, can be cooked the same way.

Apricot and Pineapple Jam

1 pound dried apricots
2 No. 2 cans crushed pineapple

1-1/2 pounds sugar 1/2 teaspoon salt

Soak the apricots overnight in the juice from the pineapple. Chop the apricots. Combine the fruit and all the juice with the sugar and salt and heat slowly. Stir often and cook about 25 minutes. Pour into hot sterilized jars, seal, and store in a cool place.

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